

IHSA GIRLS & BOYS CROSS COUNTRY RULES BULLETIN

(Last Revised August 14, 2019)



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick study guide for the upcoming Cross Country Season. Complete information will be included in the Terms & Conditions and the Manual for Schools on the IHSA Cross Country Website OR through the IHSA Schools Center. **The Following Information** deserves your special attention. If you have questions about official interpretations or recommendations for rule changes for next year, please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org).

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Head Coaches and Officials must view the **Online Rules Interpretation Presentation** (Schools & Officials Center)
3. **Manual for Schools:** Our Girls and Boys Cross Country Sport Activity pages on the IHSA Website have an abundance of information regarding the IHSA Cross Country Season and State Series.
4. **Do Not Ignore emails RECEIVED from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.
5. **Important Dates/Deadlines for Cross Country:** Please refer to the online Manual for Schools and/or login to IHSA Schools and Officials Center

NFHS CROSS COUNTRY RULE CHANGES

<https://www.nfhs.org/sports-resource-content/track-and-field-cross-country-rules-changes-2020/>

IHSA CROSS COUNTRY TERMS & CONDITIONS CHANGES

To view changes, please review the Cross Country Advisory Committee Minutes through the following link:

<https://www.ihsa.org/documents/adv%20minutes/18-19/18-cc-minutes.pdf>

IHSA IMPORTANT REMINDERS

1. **Detweiller Park IS NOT open for training sessions. Running inside of the perimeter will be allowed but running on the actual state final course will not be allowed until September 1st. There are many races planned for the course during the coming IHSA season, and so as always, an attempt is being made now to preserve the course for those events, including the IHSA State Finals. Thank you for your cooperation.**
2. **REGIONAL, SECTIONAL AND STATE FINAL MEET RACE/TIME TRIALS ARE PROHIBITED BEFORE, DURING OR AFTER THE MEET(S).** It **IS NOT LEGAL** to allow high school athletes OR coaches to conduct or participate in open races/time trials.
3. It **IS NOT** legal for anyone to conduct open races/time trials for high school athletes/coaches at Detweiller Park during the days preceding the state final. This includes Friday before the state finals and Saturday BEFORE OR AFTER the state final races. ALL COACHES AND ALL ATHLETES FROM ANY SCHOOL VIOLATING THIS RULE ARE SUBJECT TO IMMEDIATE DISQUALIFICATION FROM THE STATE FINAL RACES ON SATURDAY!
Practice: Friday, November 8, 2019 at 1:00 pm: The course will be open for practice ONLY FOR STATE QUALIFIERS AND CERTIFIED COACHES LISTED IN THE IHSA OFFICIAL LIST OF PARTICIPANTS, weather permitting, until dark.
4. Video Replay and Television Monitoring Equipment: Use of video replay or television monitoring equipment from sources other than equipment approved by the IHSA (or meet manager) WILL NOT be used to make decisions related to the state series meets. Only IHSA state meet officials, including the games committee (when called upon by the meet referee to do so), will have the authority to review ONLY the IHSA official video results. It is also required for the host to have available a finish line camera for the purpose of "required IHSA official video review" at all regional and sectional meets. Video review will be used as the primary method of determining the outcome of all races at the regional, sectional and state final meets. The Meet Referee and IHSA officials will review the finish line video of each regional, sectional and state final race to facilitate accurate scoring of each race.

At regional and sectional events elaborate, multi-camera systems are not necessary. A single, well positioned camera IS satisfactory. Host schools must consult the IHSA MEET REFEREE to determine the appropriate position and angle of the finish line camera.

Regional/Sectional Video Review: The host school conducting all regional and sectional events must provide some form of video review of the finish line. This video review can be as simple as one video camera and one monitor (television or computer, etc.) or as sophisticated as

the host school chooses. Placement of this camera is critical. Please consider its placement (height, angle, etc.) carefully. Meet managers must consult the Meet Referee as the decision regarding camera placement is considered. Only the FINISH LINE VIDEO PROVIDED BY meet management WILL be used to review the finish of any race. The ASSIGNED IHSA Meet Referee will review the video of the finish of race to facilitate accurate scoring of each race. Only the IHSA MEET REFEREE and MEET MANAGEMENT may view the finish line video (the games committee may also view the video, but only if invited to do so by the MEET REFEREE).

IHSA CROSS COUNTRY IMPORTANT DATES

- July 1:** Any Track Official who want to add Cross Country to their Officials license may do so at this time with the fee waived.
- July 15:** Track Officials can add Cross Country Official to their Officials License through the Officials Center at no charge.
- August 12:** Season/practice may begin
- August 13:** *First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.
*School Manual for Coaches (School's Center and Cross Country Activity web pages).
- August 26:** 1st Contest Date.
- September 6:** School Participation Team/Individual Entry Deadline
- September 17:** Online Rules Presentation/Officials Exams deadline
- September 18:** Officials Regional/Sectional/State Final Assignment Process Begins. Official's availability calendars should be updated.
IHSA Will ASSIGN officials for all Regional, Sectional and State Final Meets.
- October 21:** Coaches must submit their Online List of Participant by **11:59 p.m. MONDAY.**
- October 26:** IHSA Cross Country Regional Meets
- November 2:** IHSA Cross Country Sectional Meets
- November 8:** State Final Practice for Qualifiers Only
- November 9:** IHSA Cross Country State Meet at Detweiller Park, Peoria, IL

IHSA Cross Country Contact Information

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